**How to Thrive Through a Challenge, Transition or Life Opportunity and Create the Outcome You Want**

Getting through a life transition isn’t all that complicated, regardless of how big or small the change seems.

You see, its size is merely a matter of what you create in your mind.

So, like any challenge, you just need access to the right information. You must also form the right plan and process and, of course, have the guts to get uncomfortable.

Yet even when you have these items in place, the process is almost never easy. After all, sometimes all options available to you seem … well … unappealing.

Or, the outcome you desire appears out of reach. You have no idea how to make it happen.

As a result, you feel stuck. You feel frustrated. You feel helpless.

So let me start by stressing two important points:

1. You’re likely stronger than you give yourself credit for.
2. You’re likely playing too small.

From small business owners, individual contributors and entrepreneurs to corporate executives and professional athletes, I’ve seen these characteristics at almost every level of life. Many of us lack self-confidence or self-worth when a major challenge, change or opportunity comes up.

So we unconsciously self-sabotage ourselves from being great. We have the ability to achieve, yet we don't embrace it and instead do whatever possible to avoid the outcome we desire.

Mental barriers stop us. They keep us petrified, sitting in the stands as a spectator, instead of on the court participating.

Of course, this process isn’t planned – we just get in our own way.

Why does this happen?

Well, you were imprinted with certain beliefs – based on your environment, parents’ values or other outside influences – when you were young. So you may not always know how to put the appropriate plan together to get your desired results. (We’ll get into more detail on this topic in a little bit.)

The key is to understand at times …

**You must getcomfortable being uncomfortable*.***

The only way we change in life is when we're uncomfortable.

Look, no one comes out of the womb knowing calculus. Learning it requires focus, studying and time for making many mistakes. This process is the same in athletics, relationships and developing a strong work ethic.

You may get a new project at your job and feel uncomfortable because you're not sure what to do first or how you will complete the task. But when you put in time and energy, you eventually figure things out and the dark, previously unobtainable possibilities come to light.

Get uncomfortable enough times and you start to build a routine for achievement.

This requires you being able to push through your mental blockages and feelings of either being tired, frustrated or even scared. Because on the other side of your mental blockages and discomfort is confidence and untapped strength that creates success.

So start thinking about what you can do each day to make yourself better, stronger and smarter … about the person you must become to achieve your goals … about the routines and patterns you need in your life to perform at your highest level.

You see, what you give energy to lives. The amount of energy or action you put forth is the only factor that can change your circumstances.

The most successful people I know were at one time the biggest failures. The only difference is, they kept getting up until they finally succeeded. You too must keep going and not give up if at first you don’t see your desired outcome.

Remember, you miss 100% of the shots you don’t take. So get into action and take your shots.

Of course, I can’t tell you how many times you must knock on the door of uncomfortableness before it opens. If you give up, though, I can promise you’ll get frustration, have regret and miss opportunities.

You almost have to be like a shark. Nature’s fiercest predators must always keep moving or they’ll die because water isn’t going through their gills. When you give up on something that is important to you – whether it’s your dreams, goals, confidence or hope – you die a little bit too.

Failures are just learning opportunities. And you learn the most (and often quicker) when you aren’t successful. After all, if you’re smart, you learn from your past and what to avoid repeating again.

Look at your life like a rubber band. Every time you practice, every time you put energy toward a goal, you stretch yourself. And by stretching yourself, you never go back to your original form.

Now, let me ask you a question …

*What’s your WHY?*

* Why do you want to achieve your goal?
* Why is it important to you?
* How would it make you feel to achieve this particular goal?
* How would it change you and alter your life to achieve your goal?

I ask you these questions because, without a strong WHY, you simply won’t have the drive to achieve your goal and make it real.

Remember when you were a young child? You constantly put yourself in learning situations because so much around you was new. You did it instinctively – and this led you to the achievements in your life today.

Here’s a simple exercise:

Think about a significant event in your life. Maybe the time you met your first girlfriend or boyfriend. Or when you first drove a car alone, got into a fight or were made fun of at school. Whatever it is, make sure the event is something you remember crystal clear.

What were you wearing during that time?

You see, adrenalin enhances your memory. When I ask this question in coaching sessions, people can often recall their exact outfit.

You probably do too.

So would you wear those same clothes today?

Probably not. Styles changed. You changed.

As we grow up, we change clothes, just as we change ideas and our thought process. So you’ve been making transitions all your life – you just didn’t realize it.

**The Critical Keys to Understanding Your Personal “Triggers”**

As kids, we’re imprinted with beliefs for certain situations and behaviors. We watch our parents. We see our elders. We look at how our peers perceive things such as people in authority, money and work ethic.

This behavior is then embedded into our subconscious.

When we get older and run into a similar situation – one that reminds us of our past – we suddenly flash back to a subconscious behavior. This default response is a subconscious trigger that causes us to respond in the same manner as when we were younger.

For instance, if you had a mean coach or teacher who smoked and liked to yell (who you didn’t care for), each time you see someone who shares these characteristics, you likely view that person in the same negative way as when you were younger.

Our minds are wired to protect and put us in a safe position. So pushing yourself outside your comfort zone and beyond your safe place isn't natural.

You must force the action.

Remember, too, that whatever has made you hysterical is probably historical. Meaning if something really affected you emotionally when growing up – either in a positive or negative way – that event made an impact on your life and an impression into your subconscious.

At times, your past can block your mental growth and acceptance of new beliefs, causing you to live small and stay safe. This prevents you from expanding your mind and thinking more as an adult.

**Use These 3 Action Steps to Thrive Through Change**

**1. Identify your biggest time-wasters.**

Is it TV? Going out with friends too much? Surfing the Internet without any real purpose?

Whatever it is, don’t stop it completely. Just cut down on that activity.

If you watch 30-40 hours of TV a week, drop it down by 70% or so. You can still watch, but you’ll now instantly gain more time that you can dedicate to tackling your transition.

After all, wasting time isn’t necessarily a bad activity – it allows you to relax and recharge. The problem is, you need as much extra time as possible when going after your goals.

**2. Identify two or three examples of times when you ran into challenges.**

Whether you were successful in overcoming the challenge or not doesn’t matter. Look at these times when you had opportunities to grow. What held you back? What did you do that caused you to flourish?

Once you have a few answers, now figure out your biggest challenge moving forward.

At this point, when working with clients, I often ask them to think about someone they really admire and explain why. I do this because people often describe traits that they feel they lack in terms of self-confidence, self-esteem or self-worth.

When I know these, we can then come up with exercises to form positive habits around the desired characteristics that can help them accomplish their goal. At the very least, this helps build a solid foundation and attitude moving forward.

You can do this same analysis on yourself.

All you do is acknowledge you have a challenge or opportunity in an area you want to improve – and then identify steps to move forward.

You see, people change for only one of two reasons – either the pain or the reward is too great to ignore. Once you understand which one is the case for you, self-motivation, self-confidence and self-worth follow.

**3. Identify your “five.”**

The Law of Five simply states that you are the average of the five people you surround yourself with the most. This applies to all areas of your life, including happiness, wealth, health, athleticism, success and failures.

You can take their average income, health, happiness or whatever attribute you want to gauge and the average of the five is where you will usually fall.

For example, if you want to become a better athlete and you run around with people who are drinkers, overweight and lack motivation, achieving your goal is unlikely. It becomes much more difficult than if you’re around other healthy minded individuals and those with similar goals.

Just like raising a child, it often takes a village to become successful – you can’t do it alone. If you want to improve in school, hang out and learn from people who are smarter than you. If you want to be more successful at work, hang out with people who already achieved the level of success you desire.

Of course, if you're younger and you have a family, you can’t really get away from those people. But you can choose your friends – or at least the ones you hang out with most.

Got it?

**How Communication Plays a Role in Life Transitions**

Most clients I work with are amazingly smart, generous and strong. What’s holding them back is that they're playing small. So my job is to dust them off from sitting around, help them mentally stretch, and get them back into the “game.”

As I mentioned earlier, these people range from doctors with PhDs and professional athletes to your typical husbands and wives who want to improve the relationship with their spouse. Helping them through transitions often begins the same way – understanding why they do what they do.

Recently, I worked with several Major League Baseball players and coaches. I started by giving each person a four-quadrant behavioral assessment to identify their strengths and blind spots as communicators. The exercise also showed them how to identify these same characteristics in other people.

This communication component is critical because the players and coaches are on the road 6-8 months of the year. When they come home for the off-season, they often expect their significant others to give up the reins to day-to-day activities and let them head the household.

After all, when you’re an athlete at such a high level, many times you’re an alpha male and like to take control. So when these individuals come home, they think, "Okay, I'm home. Let me take charge. I’m going to do this and this. And that’s going to be done this way.”

Of course, the language may be more specific and edgier, but you get the idea.

What happens, though, is the wife has a certain routine and has been running the household with the kids. She does everything well without the husband always around. So when he returns and wants to take over or disrupt that routine, there’s tension.

I've had a number of coaches either on the brink of divorce, or already divorced, wanting to know how to improve their communication, especially with their significant other. In fact, it’s a common problem in all marriages where one spouse travels a lot.

After I went through the assessment process with the players and coaches, the very next year I received calls from three coaches. They all said everything ran smoothly within two days when they transitioned home during that off-season. Whereas it previously took about a month to six weeks to steady the communication patterns and behaviors.

The key is working together to create trust, coming to a common goal and showing respect – whether the communication is with a significant other, your subordinate or your peers.

**Here’s What to Do Next …**

Do you feel in a rut? Do you want something better or different? Is an obstacle keeping you from moving forward?

If you’re not happy where you are in life, in a relationship, with your weight, your career, or whatever it is – or you simply want to grow but don’t know what steps to take – it could be time to have a conversation. Many times, simply talking out your concerns and hearing your voice out loud is the first step to answering your questions.

Most people who come to me have an idea of what they want – they simply need a plan or process to get there. So I arm them with the skills, self-awareness and confidence to tackle that transition and achieve the outcome they desire.

And remember what I said earlier about the Law of Five?

I’m someone who has expertise in helping people thrive through life’s transitions. Someone who keeps you motivated. Someone who pushes you through your mental barriers.

I can become one of your “five” via Skype, on the phone or even in person, depending on where you live or where I’m traveling for work.

Listen, the longest distance and most powerful journey you’ll ever take is the six inches between your ears. If you can simply take action, acknowledge your mental barriers and learn from your opportunities, you’re well on your way to success.

Now, throughout this guide, you discovered why you might need to get uncomfortable and start failing now to really grow … how your mind hinders your ability to handle obstacles … the importance of discovering your “why” … what’s causing you to play small … three steps you can take right now to thrive through change … and much more.

However, there are many more mental factors (some positive and others that may hold you mentally captive) at play that we don’t have time to get into here.

**That’s why I invite you to have a FREE Discovery Session with me, so you can gain an even greater grasp on what you can do to thrive through change and create the outcome you want.**

What does success look like to you? Are you in that picture today? Do you really want to be?

If so, what’s your process and plan to get there? And what challenge, mental barrier or self-sabotage is in your way.

Let’s talk about it.

We’ll go 20-30 minutes via phone, Skype or even face-to-face, depending on your location. This advice costs you nothing. Furthermore, you’re under no obligation to move forward with any services and anything discussed remains confidential.

Remember, whatever your goal or vision, you must know with absolute faith and conviction that you can make it happen. This starts with believing in yourself and knowing exactly what you want.

Let’s make you unstoppable.

Email me today via the contact page on my website, or you can reach out and call me at (206) 941-2620 to schedule your private, no-obligation Discovery Session.

Sincerely,

Tom Matzelle

P.S. I hope I opened your eyes to how you can thrive through change and create the outcome you want. **Please feel free to use me as your resource to get your questions or concerns answered. Call me anytime at (206) 941-2620 or email tom@tommatzelle.com.**

Tom Matzelle is a coach, speaker, author and facilitator of group workshops. He has spent over 15 years in the coaching field and has worked in 17 different countries, including in cities such as Sydney, Hong Kong, New York and London.

Tom’s purpose is to inspire people into action and uncover the “why” behind their purpose, vision or passion. He helps people unlock their potential, set goals and tap into their gifts and talents, while also putting processes in place for greater success and growth.

Tom has worked with doctors, lawyers, engineers, college students, home makers and others as a performance, life and accountability coach, as well as a leadership, effective communications and performance coach with companies such as Southwest Airlines, Chase Bank, Major League Baseball and Expedia.